

# Yoga Classes on Swanage Pier

Join us again this summer for our weekly morning yoga sessions on the beautiful location of Swanage pier with local teacher Helen McCabe. These hour long sessions on Wednesday and Thursday mornings will include an introduction to simple breathing techniques, some standing and seated postures and a guided relaxation. The Wednesday morning sessions will be a gentle guided flow class suitable for all levels of experience, whilst the Thursdays will be a more dynamic session, suitable for anyone with regular postural yoga practice who is looking for a more challenging class.

This will be our fourth year of summer yoga sessions on the pier and they are such a joy. Not only are they a wonderful start to the day, they are also a lovely opportunity to connect with other people in our community here in Swanage. Most importantly, you will be helping to support the fantastic work of the Swanage Pier Trust in looking after this magical place.

Anyone can benefit from the simple tools of yoga, which can be a wonderful practice for general wellbeing. Just a few minutes of regular practice can support us to develop strength, stability, flexibility and a calm mind.

All levels and abilities are welcome on Wednesday mornings. Thursday mornings are a more dynamic class suitable for anyone with a regular yoga practice (not beginners). Please contact Helen ([info@yogaatthespace.com](mailto:info@yogaatthespace.com)) if you would like more information about the classes or are not sure which one would be suitable for you. We are not able to accommodate children at either class.

These classes will take place outdoors, on the pier itself, with the beautiful views of Swanage Bay as our backdrop. The nature of the location, however, does mean that the floor surface is not as even as an indoor floor, which you need to be mindful of. Please dress in clothes that are comfortable to move about in. We are also exposed to the elements and hopefully will be blessed with warm sunny mornings, but do please come prepared with layers for extra warmth and hat / sun screen, as appropriate for the weather. Yoga is traditionally

practiced barefoot so a mat is essential. If you prefer to wear suitable outdoor fitness shoes that is also OK.

Please bring a yoga mat. Due to covid secure protocols that we are continuing to adopt we are unable to loan mats or other props. We also recommend that you bring a cushion to sit on and a blanket or shawl for the relaxation at the end. If the weather is too wet, wild and woolly the class will be cancelled and we will let you know / post this on the Swanage Pier website/Facebook page.

**Cost:** £10 per person per session / £25 block of 3 x classes

**Booking is essential due to limited numbers.**

Please inform the teacher before any class of any injuries, recent surgeries, if you are pregnant or have any medical conditions so that we can offer modifications / variations where appropriate. If you have any injuries or medical conditions, we would also recommend checking with a doctor or medical professional for their advice before attending any yoga class.

The Pier and the teacher do not accept responsibility for lost, stolen, or damaged goods whilst on the Premises.

If the weather is too wet, wild, and woolly the class will be cancelled, and we will let you know via telephone and email.

In the event of cancellation due to the weather, a full refund will be given, or money transferred over to another date if there is availability. As a courtesy to your fellow practitioners and so that you have time to settle in and be ready, we ask that you please arrive a few minutes before the class starts. You may not be able to join the class once it has started.

If you feel ill or have any covid-19 like symptoms we ask that you do not attend classes. In the event of this happening, please cancel your space by contacting [activities@swanagepiertrust.com](mailto:activities@swanagepiertrust.com).